

What is claimed is:

1. A method for creating adapted insole for preventing skin starching of the foot at the metatarsal heads area, said method comprised of:
 - creating cast of the a foot in a plasters;
 - creating specially designed insert, wherein said insert covers the area of the five metatarsal heads of the forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending of the foot e area of the five metatarsal heads of the forefoot;
 - creating an orthopedic insole from the casting, wherein said insole structure include the specially designed insert;
2. The method of claim 1 wherein the specially designed insert size is between 3 mm and 35 mm.
3. The method of claim 1 wherein insoles are adapted to fit personal foot structure of an individual person creating a special cast for each individual.
4. The method of claim 1 wherein insoles are adapted to fit standard shoe sizes, with different insert sizes option are available in each show size.
5. An adapted insole for preventing skin starching of the foot at the metatarsal heads area, wherein said insole structure includes a specially designed insert, wherein said insert covers the area of the five metatarsal heads of the forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending of the foot the area of the five metatarsal heads of the forefoot.
6. The insole of claim 3 wherein the specially designed insert size is between 3 mm and 35 mm.

7. The system of claim 1 wherein insoles are adapted to fit personal foot structure of an individual person creating a special cast for each individual.
8. The system of claim 1 wherein insoles are adapted to fit standard shoe sizes, with different insert sizes option are available in each shoe size.